

# News For All Seasons

**PA FIRSTS**  
*First American University*  
**PA SYMBOLS**  
*State Tree Hemlock*



## **EMERGENCY/ INCLEMENT WEATHER POLICY**

The Wayne County Area Agency on Aging and Wayne County Transportation general policy is as follows:

- 1 If the schools are closed for inclement weather which affects roads and travel, the senior centers, home delivered meals<sup>^</sup> and County transportation system will not operate.
  - Wayne Highlands School District: **All** Centers closed.
  - Western Wayne School District only: Hamlin Center closed.
  - Wallenpaupack School District only: Hawley Center closed.
- 2 If the schools are closed for other reasons (ie: power outages), a determination will be made if the centers, home delivered meals and transportation will operate. This will be announced on local radio (Bold Gold Media), TV (WBRE) and the County Website ([www.waynecountypa.gov](http://www.waynecountypa.gov)) as early in the morning as possible, no later than 7:00 am.
- 3 If the schools have a delay for inclement weather, the senior centers and home delivered meals will work a normal schedule with no delay. Transportation will attempt to run as close to schedule as possible.

### **PLEASE NOTE:**

- \* the only time the offices will close is when the Court House closes.
- \* home delivered meals may not be delivered if clients' sidewalks or driveways are not clear.
- \* transportation may cancel your ride if the local roads are not plowed or safe to transport - even if they are open/operating during inclement weather or questionable road conditions. A determination will be made on a case by case basis.

**Emergency Meals:**

**Starting at the end of November- one set of 3 shelf stable meals will be issued 3 times over the winter months.**

**Please reserve these for when we may not be able to get meals delivered on your schedule time**

Monday	Tuesday	Wednesday	Thursday	Friday
ICE COLD MILK SERVED WITH EACH MEAL.			Open Faced Roast Beef Sandwich on WG Bread Fluffy whipped potatoes Garden Sweet Peas Adoring Apricots 	Tuscan style Roast Chicken with white beans and tomatoes/ Risotto /Roasted Carrots/ Roasted Cauliflower Cantaloupe slice HB: Melon balls
11/5 Minestrone soup California Burger on a WG Pretzel Roll Romaine Lettuce cup Red Onion Slice Avocado slice HB: Guacamole Blistered Beets Orange Citrus Sections	11/6 Juicy Pork Chop with Natural Slices Baked Sweet Potato Roasted Brussel Sprouts WG Banana Loaf Gigglin Grapes HB: Peach Slices	11/7 Chicken Parmesan/Side of WG Pasta Side of marinara sauce Spring Mix Shredded Carrots Cucumber Slices ( rind on) Low Fat Dressing HB:Roasted Broccoli Beaming bananas HB: Tropical Fruit Salad	11/8 <b>Mediterranean Meatloaf</b> <b>Scalloped Potatoes</b> <b>Butternut Squash</b> <b>WG roll/ Butter</b> <b>Warm applesauce</b> 	11/9 Chipped Ham on a WG Biscuit Fluffy whipped Potatoes French style green beans Strawberry/Banana/ Pineapple Cup
11/12 Center Closed <b>VETERANS' DAY</b> 	11/13 Potato Encrusted Pollock WG Noodles & cabbage with butter and onions Roasted Carrots Beaming Bananas HB: Emerald Pears	11/14 "New Swiss Steak Recipe" Orzo with Mushrooms and Peas Roasted Butternut Squash Carrot Salad HB: Capri Veggies Black Plums HB: Chunky Fruit Cocktail 	11/15 <b>PILGRIM FEAST</b> <b>Roast Turkey with WG Stuffing and Heart</b> <b>Warming Gravy</b> <b>Fluffy Whipped Potatoes</b> <b>Candied Yams</b> <b>Buttered Whole Kernel Corn</b> <b>Whole Berry Cranberry Sauce</b> <b>Pumpkin Pie with Whipped Cream</b>	11/16 Sweet and Sour Pork Cantonese Fluffy Brown Rice Grilled Asparagus Chinese Stir Fry Veggies Chilled Pineapple 
11/19 Creamy tomato soup LS Hot Ham and Cheese on a WG Croissant Broccoli Salad HB: Stewed tomatoes HB: Garden Sweet Peas Mandarin Orange Slices 	11/20 Beef Stew Spring Mix Shredded Carrots Cucumber slices ( rind on) Low Fat Dressing HB: Grilled asparagus WG Pumpkin Bread Baked apples with Golden Raisins	11/21 Tuna Salad in a WG Pita Pocket Shredded Lettuce Tomato slices ½ Hard Boiled Egg HB: Tuna Burger on a WG Pretzel Roll Blistered Beets HB: Wild Wax Beans Gigglin Grapes HB: Chunky Fruit Cocktail	11/22 Center Closed 	11/23 Center Closed
11/26 Vegetable Lasagna Italian Meatballs with a side of Marinara Sauce Spring Mix Shredded Carrots Cucumber slices ( rind on) Low Fat Dressing HB: Roasted Broccoli Adoring Apricots	11/27 <b>Shepherd's Pie</b> <b>Sautéed Spinach in Garlic and Olive Oil</b> <b>WG Garlic Bread</b> <b>Diced Pears</b> 	11/28 Turkey Tetrazzini Roasted Cauliflower Spring Mix Shredded Carrots Garbanzo Beans Low fat dressing HB:Mixed Vegetable Medley Gigglin Grapes HB:Tropical Fruit mix	11/29 Salmon in a Honey Mustard Sauce Parslied Buttered Potatoes Roasted Brussel Sprouts WG roll with Butter Tangy Tangerines HB:Mandarin Oranges	11/30 Chicken smothered in mushrooms Fluffy Brown Rice Luscious Lima beans Roasted Carrots Diced Peaches 






**ELECTION DAY – November 6 – Honesdale and Hamlin Centers Closed**  
**ALL CENTERS CLOSED FOR VETERANS DAY – Monday, November 12**  
**ALL CENTERS CLOSED – Thursday, November 22 & Friday, November 23 (Thanksgiving Weekend)**

**EVERYDAY AT THE HONESDALE CENTER**

**CAREGIVER’S SUPPORT GROUP – Wednesday, November 14 – 1:30 pm Honesdale Center**

<b>Monday</b> 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 12-2 Advanced Class Line Dancing 2-4 Beginning / Intermediate Line Dancing	<b>Tuesday</b> 10:30 Exercise 1:00–4:00 Pinochle	<b>Wednesday</b> 10:30 Exercise 10:30 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:00 Mah Jong 3:00 Jazz Dancing	<b>Thursday</b> 10:00 Games 1:00 Cards 	<b>Friday</b> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1-3 Memoir Writing Group (1 <sup>st</sup> & 3 <sup>rd</sup> )
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**EVERYDAY AT THE HAWLEY CENTER**

<b>Monday</b> 8-3 Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong	<b>Tuesday</b> 8-3 Cards & Games 8-3 Gym Equipment 10:30-11:30 Wellness Chair Yoga (1 <sup>st</sup> & 3 <sup>rd</sup> ) 1 - 2 Bingo	<b>Wednesday</b> 8-3 Cards & Games 8-3 Gym Equipment 10 - 12 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi 5:30 – 8:30 Mah Jong	<b>Thursday</b> 8-3 Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club 	<b>Friday</b> 8-3 Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise
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**EVERYDAY AT THE HAMLIN CENTER**

<b>Monday</b> Cards & Games 8:00-12 Pinochle 10:00 Chair yoga	<b>Tuesday</b> Cards & Games 10:30 Tai Chi 1:00 Bingo	<b>Wednesday</b> Cards & Games 10:00 Exercise 12:30 Mahjong (1 <sup>st</sup> & 3 <sup>rd</sup> ) 1:00 Sing-Along	<b>Thursday</b> Cards & Games 10:00 Exercise 1:00 Crafts 1:00 Hamlin Jingers Choral Group Practice	<b>Friday</b> Cards & Games 10:00 Bingo 
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**NORTHERN WAYNE CENTER – THURSDAY, NOVEMBER 1**

## November Ala carte Menu



*Hot dogs  
available upon  
request*

1) Broccoli  
quiche



2) Soup of the day  
  
Turkey melt (turkey,  
swiss, tomato on  
rye)

5) Soup of the day  
  
Chicken, cranberry,  
apple, feta salad

6) Rueben sandwich

7) Soup of the day  
  
BLT sandwich

8) Soup of the day  
  
Chicken Quesadilla

9) Soup of the day  
  
Fish tacos

12) **Closed**



13) Tomato soup  
  
Grilled cheese sand-  
wich

14) Nutrition meal only

15) Early Thanksgiving  
Dinner

16) ) Soup of the  
day  
  
Pizza

19) Soup of the day  
  
Taco salad

20) Turkey, bacon ranch  
wrap

21) Ham quiche

22) **Closed**

23) Soup of the day  
Cheeseburger on a  
bun with French  
fries

26) Soup of the day  
  
Roast beef, swiss,  
lettuce and tomato  
wrap

27) Chicken mandarin  
orange salad

28) Beef stew w roll and  
butter



29) Chili cheese dog

30) Soup of the day  
  
Pizza



## **HONESDALE NEWS – NOVEMBER 2018**

**November 6 – Election Day**

**Honesdale Center Closed**

**November 9 – Salute to Veterans**

Please join as we honor veterans in anticipa-  
tion of Veterans Day. Please call Kathy for  
lunch reservations 570-253-5540.

**November 12 – Veterans Day**

**All Centers Closed**

**November 14 – Afghan Bingo**

If it's Wednesday, it must be bingo, and this  
Wednesday it's afghan bingo! Come and try  
to win a beautiful handmade blanket.

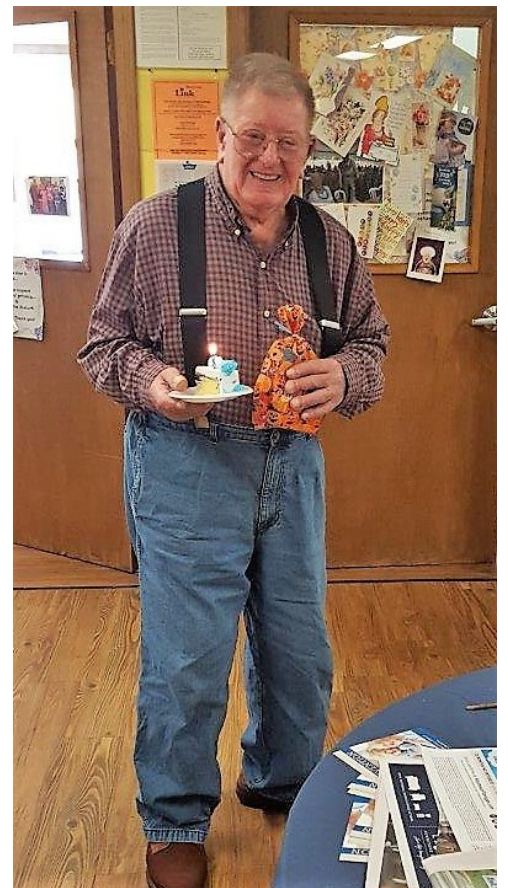
**November 15 – Thanksgiving Dinner**

It is time for turkey and trimmings, pumpkin  
pie and door prizes! Please call Kathy to as-  
sure a reservation for Thanksgiving dinner.

**November 22, AND November 23**

**Thanksgiving Holiday – All Centers Closed**

Nicolas VanderWeide  
celebrates October Birthday  
in Honesdale





# **DO YOU HAVE MEDICARE OR KNOW SOMEONE ELSE WHO DOES?**

Do you have questions about your coverage or current plan? Do you want to know if you are eligible to save money on your prescription drug costs and/or your Part B premium? Are you currently in the donut hole and need assistance? The APPRISE PROGRAM can help!

## **What is APPRISE?**

APPRISE is a free health insurance counseling program designed to help all Pennsylvanians with Medicare.

APPRISE counselors are specially trained staff and volunteers who can answer your questions and provide you with objective, easy-to-understand information.

## **You may qualify for financial assistance programs!**

APPRISE wants to make sure you and others who have Medicare know about the Extra Help and Medicare Savings Programs.

### **Extra Help**

**Can help lower your prescription drug co-payments and premiums, and cover the cost of the coverage gap!**

#### **You may qualify if:**

- If you are single and have total monthly income of less than \$1,518/month; and less than \$14,100 in resources
- If you are married and have a total monthly income of less than \$2,058/month; and less than \$28,150 in resources

\*There are certain deductions taken for Extra Help. You may qualify even if you are above these limits.

### **Medicare Savings Program**

**Can help you with the payment of your Part B premium!**

#### **You may qualify if:**

- If you are single and have a total monthly income of less than \$1,366/month; and less than \$7,560 in resources
- If you are married and have a total monthly income of less than \$1,852/month; and less than \$11,340 in resources

\*Medicare Savings Programs can possibly help with the payment of your Medicare Part A and Part B cost-sharing. There are certain deductions taken for Medicare Savings Programs. You may qualify even if you are above these limits.

## **How can the APPRISE Program help you?**

### **APPRISE can help with:**

- Medicare
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplement Insurance (Medigap)
- Plan Comparison
- Medicaid
- Screening and applying for financial assistance programs
- Medicare Appeals
- Long-Term Care Insurance

Call today to get connected to the APPRISE Program in your area.

**1-800-783-7067**

APPRISE is a free service provided by the PA Department of Aging, and is funded in whole or part by a grant through the Administration for Community Living.



HR Initiative  
Version 03/2018



Welcome ONE and ALL to Our  
Annual Thanksgiving Dinner!

Bring the family, bring your  
friends!

We don't want you to spend the  
holiday alone.

We are serving dinner from 11:30 am to 1:00  
pm.

Thursday, November 22nd

RSVP by November 21st @ 570-488-6129

Ladore Conference Center

398 South Street, Waymart, PA

## CAREGIVER NAVIGATION

### A Caregiver Conference

**WHEN:** Thursday, November 15

**TIME:** 9:00 am—3:00 pm

**WHERE:** Hilton Scranton & Conference Center  
100 Adams Ave, Scranton 18503

**REGISTRATION:** FREE but Required

Register today at <https://conta.cc/2Lxv5XC>

### SAVE THE DATE

**QUESTIONS? Contact Kristen at 570.822.9915**

Join us for our **FREE**

## Diabetes Taste-In

**Sunday, November 4th**

**1 p.m. - 3 p.m.**

Camp Ladore, 287 Owego Turnpike, Waymart

*Special Presentation by*

**Harriet Loizeaux, MSN, FNP-BC**

Family Nurse Practitioner

Wayne Memorial Community Health Centers

Tasty Samples • Healthy Recipes • Take-home Info  
Door Prizes

**Registration required! RSVP by October 31st.**

Call 570-253-8990 or

email [tuttle@wmh.org](mailto:tuttle@wmh.org) or [kneier@wmh.org](mailto:kneier@wmh.org)

Leave name, phone number and number attending  
[www.wmh.org](http://www.wmh.org)

*Co-sponsored by Wayne Memorial Hospital &  
Northeast PA Local Networking Group of the American Association of Diabetes Educators*

## Wayne Memorial In-School Walking Program 2018/2019

Wayne Memorial Hospital, in partnership with Forest City Regional, Wallenpaupack Area, Wayne Highlands & Western Wayne School Districts, are beginning their eleventh year of the Program.

This year the program begins Tuesday, September 10, 2018 and ends May 23, 2019. The school hallways are open for walkers Monday through Thursday, from 6:00p.m. – 8:00p.m. Because the In-School Walking Program follows the school calendar, if school is not in session for any reason, including canceling of after school activities, the hallways will not be open for walking.

For school security purposes, you must log in, log out and wear your identification badge with a "2018" sticker while walking at the school. The badge entitles you to walk in any participating school. The badge may be reused for as long as you are in the In-School Walking Program. If your badge needs to be replaced, there is a \$5.00 fee to cover that cost.

Each school site will have a "2018/19" Wayne Memorial In-School Walking Program Logbook. Again, it is very important that you log in and out each time you visit the school. We do keep track of participants/minutes and miles walked.

You will need to sign a Waiver of Liability (even if you have completed them in the past); and there is a onetime \$5.00 fee.

**For more information or to register please contact Carol or Jean at the Wayne Memorial Hospital's  
Community Health Department @ (570) 253-8990.**

## HAWLEY NEWS

Let's put on our thinking caps and remember last year at this time. The weather was more seasonal, the trees were in full radiant color and we were all anticipating the upcoming holidays. So as I move on in this year, we are looking forward to our Halloween party on the 31<sup>st</sup>. I'll put pictures in future newsletters. September itself was a quiet month, preparing us for the holidays ahead. Please don't forget to get out and vote November 6<sup>th</sup>. Remember we will be closed on November 12<sup>th</sup> to honor our Veterans. Then on Thursday November 15<sup>th</sup> we will be celebrating Turkey Day better known as Thanksgiving. Please let me know if you plan to come and join us as we have to be prepared for all the hungry Pilgrims and Indians.



FYI; We have started a new ceramic class here at the center. Karen Mehrtens is kind enough to teach the class, every Wednesday during each month starting at 10am to 11:30 then break for lunch and resume at 12:30 to ? Join us and make some memories. On Friday November 9<sup>th</sup> we will have a fantastic entertainer - Jeff Krick AKA Elvis here to swoop us off our feet. The concert will start at 1pm. Please arrive 15

minutes before time to get a good seat. Also, we are honoring our Veterans that day with Elvis singing some songs from his time in the war. All the centers will be closed on November 22<sup>nd</sup> and 23<sup>rd</sup> for Thanksgiving, we would like to wish everyone a wonderful, safe holiday.



Our November Birthday's; Gerri Joswick, Susan Baldwin, MaryAnn Reynolds, Joan McGuirk, Barbara Wertz, Nancy Halpin, Lisa Goldstein, Karen McGhee, Alan Segal, Brenda O'Shea, Linda Sereday, Catherine Fennell and Jean Foell. Happy Birthday from your friends at the Hawley Center.

### VOLUNTEERS NEEDED FOR AARP FOUNDATION TAX-AIDE

*AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation service*

Wayne County-AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, celebrating its 50th year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers & their families, who might otherwise miss out on the tax credits and deductions they've earned.

Since its inception, AARP Foundation Tax-Aide has served more than 68 million taxpayers. The program is seeking volunteer tax preparers, client facilitators, those who can provide technical and management assistance. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

AARP Foundation Tax-Aide has grown since its inaugural team of just four volunteers in 1968. The program now involves 35,000 volunteers and serves over 2.5 million taxpayers annually at nearly 5,000 sites nationwide. In 2018 taxpayers who used AARP Foundation Tax-Aide received \$1.3 billion in income tax refunds and more than \$213 million in Earned Income Tax Credits (EITCs). Taxpayers do not need to be a member of AARP or a retiree to use Tax-Aide.

To learn about our volunteer opportunities, visit [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.





## HAPPY 20TH ANNIVERSARY HAMLIN SENIOR CENTER!

### NOVEMBER BIRTHDAYS

Charlotte Gershey  
November 2<sup>nd</sup>

Allyn Moore  
November 4<sup>th</sup>

Karen Fels  
November 8<sup>th</sup>

Beverly Hulse  
November 10<sup>th</sup>

Paulette Olson  
November 17<sup>th</sup>

Janet Sauers  
November 19<sup>th</sup>

Joyce Gaus  
November 20

The Hamlin Senior Center celebrated our 20th Anniversary on Friday, October 5th! It was a very joyous occasion and special milestones had been achieved. The Hamlin Senior Center first opened their doors on October 6, 1998. One senior, Marie Lasowski, received a certificate for being the only senior who was present on that very first day the Hamlin Senior Center came to be! We also acknowledged the seniors who attended from the first year of operation. Brian Smith, Wendell Kay, Mary Ursich and Pat Perkins were present to celebrate our special occasion! The entertainment was outstanding with Roger & Joe providing Polka Music for our Oktoberfest themed event. A thank you goes out to Amy and her team for making a wonderful German feast! We also wanted to honor Debbie Birtel for being the Hamlin Senior Center Manager for 17 years. Her love is ever lasting and she is a good friend to all the seniors and is well respected in our community! Becky Klepadlo



### HAMLIN SENIORS LOVE COUNTRY!

A fabulous entertainer, Gloria Kay, brought a country home feeling to the Hamlin Senior Center on Tuesday, October 25th during our Country Day Open House. She sang all the country favorites and the seniors loved her and said she must come back! Sue Good rocked her country and western outfit and was doing country line dancing. Many others danced country hoe down style! We had such a fun time and enjoyed some good vittles as well!





# November

## NOVEMBER UPCOMING EVENTS FOR HAMLIN

**Chair Yoga**

**Tai Chi**

**Healthy Steps Exercise**

**Hamlin Jingers**

**Mahjong**

**Hawley Center** November 6<sup>th</sup> **ELECTION DAY - CENTER CLOSED-Bingo with Hawley Seniors**

**CENTER CLOSED**

**Eye Screenings**

**Thanksgiving PTY**

**Birthday Bash**

**Sponsored Bingo**

**Serving Seniors**

**CENTER CLOSED**

**CENTER CLOSED**

November 5<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> at 10 AM

November 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> at 10:30 AM

November 7<sup>th</sup>, 8<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, 29<sup>th</sup> at 10 AM

November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 29<sup>th</sup> 1 PM

November 7<sup>th</sup> and 21<sup>st</sup> at 12:30 PM

November 12<sup>th</sup> in Observance of Columbus Day

November 13<sup>th</sup> - Northeast Sight Service

Screenings in Side Room 10:30 AM

November 15<sup>th</sup> - Thanksgiving Meal, and

Entertainment by: THE LEGENDS

November 16<sup>th</sup> - Following lunch

November 20<sup>th</sup> - Julia Ribaud 10 AM

November 20<sup>th</sup> - Bernadette - Ombudsman 11:30 AM

November 22<sup>nd</sup> in observance of Thanksgiving/Camp Ladore is offering a Thanksgiving Meal from 11:30 AM - 1 PM

November 23<sup>rd</sup> - Thanksgiving Break



### NORTHERN WAYNE NEWS

November marks the return to once a month get-togethers, the first Thursday of each month, for November, December, January and February. Lunch menu for November 1—roast beef on wheat bread, tossed salad and apricots for dessert. There will be a Thanksgiving celebration and a speaker from Julia Ribaud Extended Care Center. Please call Marie at 570-253-5540 to make reservations.

December 6 is the annual Christmas Party. The students from Preston School will be on hand to serenade us with Christmas carols and other holiday songs at 10:30 AM. Please come out to support them. Who knows—perhaps the Jolly Old Elf will visit! Call Marie 570-253-5540 for reservations.



## 7 Tips to Relieve Stress as Holidays Approach



Most of us enjoy the hustle and bustle that comes with preparing for the holidays, however it also brings along with it increased stress and takes a toll on you physically. People often cave into sugar cravings, go for the booze and overdose on caffeine.



**1. Take calm-down breaks.** Soon after you awake & during periods of feeling overwhelmed take deep breaths, think of a happy memory or visualize yourself succeeding at a cherished goal for 1 to 5 minutes.

**2. Put on rose-colored glasses.** When people try to push their bad habits on you during the holidays, tune into their motivations. For instance, before you get annoyed at Aunt Jane, who keeps urging you to try a piece of her apple pie, or your co-worker Frank, who keeps trying to fill your glass with booze, first take a deep breath. Then, step into their shoes and realize that Jane is just

showing that she loves you, and Frank is merely trying to be convivial. Then graciously thank them for their misguided attention. Rather than view your situation with annoyance, be grateful instead.

**3. Get moving.** Perhaps one of the best ways to overcome stress during the holidays or any other time is to exercise regularly. Research shows that physical activity not only boosts your fitness and energy levels but can also elevate your moods. In addition, exercise has been found to reduce anger, tension, fatigue and confusion. Despite the many demands on your time, this is not the season to stop exercising. Indeed, when regular exercisers are inactive, they begin to feel depressed and fatigued after just one week, according to a study from scientists at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Exercise also can give you that much-acclaimed “runner’s high.” Indeed, research shows that rigorous physical activity of any kind pumps up production of endorphins, your body’s feel-good neurotransmitters.

**4. Go for real foods mostly.** Inevitably, at this time of year, you’ll be tempted with sugary, empty-calorie “treats” just about wherever you go. But to be your most energetic, focused and happy self, it’s best to eat foods that grow on trees or on the ground (vegetables and fruits) and to choose healthy fats (such as olive oil & flax seeds), lean protein (such as fish & organic chicken) & legumes, nuts & seeds.

**5. Take polite portions of “comfort” foods and drinks.** During the holidays, it’s easy to “fall off the wagon” and use—or over-use—alcohol, sugar and caffeine. It’s best to think before you treat your body like a trash can instead of a temple. The best way to stay true to the best you is to limit your consumption of such comfort or pleasure foods and drinks as apple pie, cookies, pasta and eggnog. When offered these and other “goodies,” try to take three to five “polite” bites and sips—and only after having a well-balanced meal with smart carbs (vegetables, fruits or whole grains), fats and protein. (See Tip #4.) Be aware that if you’re a sugar addict, you must be especially vigilant when it comes to desserts and quickie carbs.



**6. Prepare “Nice To Do For Me” and “Need to Do For You” lists.** Writing down all that you have to do during the holidays will help you realize how doable your tasks are. Be realistic as to what you put on your lists. Then start tackling one item from each list in turn. For example, after buying gifts for your mom or significant other, take time to work out, too. By alternating between lists, you

won’t feel deprived, because you’re being good to yourself.

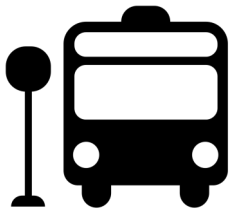
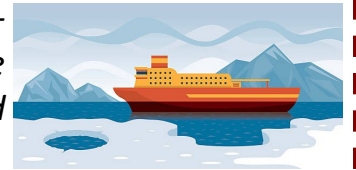
**7. Be generous.** One of the best ways to stay calm, content and cheerful this time of year is to act generously with your loved ones, co-workers and friends. This doesn’t have to mean you’re spending a lot of money. You can be generous with your compliments. You can generously offer to do a loved one’s dreaded errand. You can generously write a fun, short poem. When you are creative with your gifts and thank you’s, people will appreciate your real, heartfelt sentiments. Submitted by Becky Klepadlo





Once again, I would like to say "Thank You" to Becky and all my Hamlin seniors. They gave me beautiful flowers and a card in recognition of 20 years of "spoiling" them. On Oct. 5<sup>th</sup> we celebrated our 20<sup>th</sup> anniversary at the center and even though I couldn't be at the party, they included me in their program to thank me for all my years at the center. I am so happy I can still be part of the seniors' lives. I always said it is the best job I ever had. And Becky is so kind to let me still help her and bug her.

The reason I couldn't be at the anniversary party is because the annual bus trip seminar was that day, which has inspired me for next year's trips. Many of you may know that Mark and I went on vacation in July to Alaska. Soooo... I would love to have you experience the beauty of Alaska. I need 15 people who would like to do a once in a life time trip. Call me, 570-680-3766 for more details. The trip would be about 2 weeks and it would include a cruise and land package.



The holidays are coming fast and I'd like to wish everyone a Happy Thanksgiving. This is about the time of year when the kids start asking what you would like for Christmas. Since we all have enough stuff, tell them you want to go on bus trips with your friends from the centers. Hope to see you on the bus! . . .  
Debbie Birtel

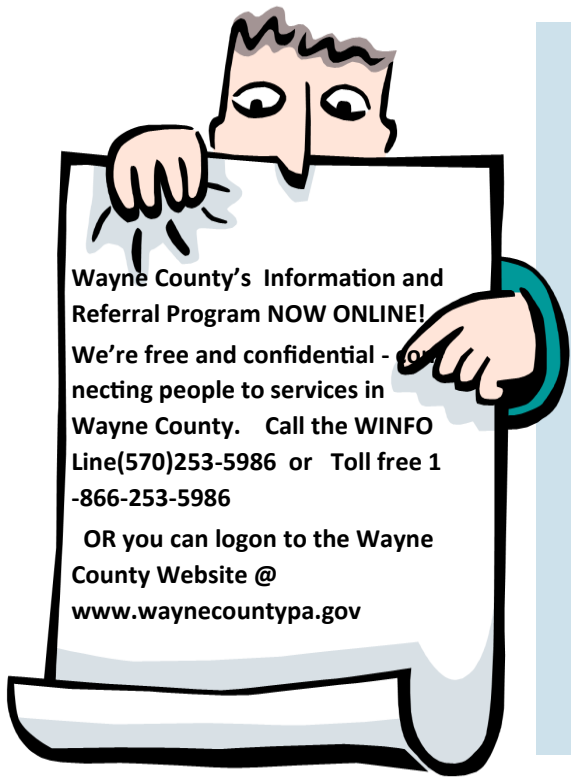
## Answer the Call...

RSVP of Berks, Pike & Wayne Counties

**Volunteer Opportunities**  
**Wayne County Area Agency on Aging**  
**HOME-DELIVERED MEALS DRIVER NEEDED Friday**  
**mornings!**  
**Hamlin Senior Center Kitchen & Activities**  
FOR MORE INFO or to SIGN UP:  
**Call Dawn @ RSVP 570-390-4540**

Dawn Houghtaling,  
RSVP Program Coordinator

Hawley Senior Center  
337A Park Place Hawley, PA 18428  
Email: [houghtalingd@diakon.org](mailto:houghtalingd@diakon.org)



**Honesdale Center** Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

**Hamlin Center** Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign

**Hawley Center** Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left on to Park St

**Northern Wayne satellite** @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

**Waymart satellite** @ St. Mary's Rectory at 262 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

**Transportation** 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm [www.waynecountypa.gov](http://www.waynecountypa.gov) go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

**Wayne County Veterans Affairs Representative:** Honesdale 314-10<sup>th</sup> Street, 9-4, Monday through Friday. For more info please call: 570-253-5970, Ext. 3114.

*The Wayne County Adult Day Service is open Monday – Friday. To contact the center please call: 570-390-7388 in Hawley or 570-346-7860 in Scranton.*



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